Puffy Knees

When I began to research Lyme Disease, after being prompted by my employer to be tested, I found one source that showed puffy knees as a symptom.

http://www.cdc.gov/lyme/signs_symptoms/

I lifted up my pants legs and noticed that both knees seems a bit wonky looking, and thought that was interesting. I wondered if I had a photo of me showing my knees and remembered I had dance "unzipped" naked in 2012. That might be interesting to compare.

They definitely looked different. When I was dancing "unzipped" I was 103 lbs. In the photo my spouse took of my knees, I was 98 lbs.

I mentioned the puffy knees to my GP in relation to the possibility of Lyme. His view was the tests we had done pretty much 100% rule out Lyme.

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What was REALLY interesting is when, after talking with someone whose tests also came back negative, and who went to see a specialist in CT, who confirmed the disease through Lyme, she told me, given my diagnosis, to not rule it out, and to find a new GP, because where I was in my health, I didn't need to be pushing a rock up hill, which was exactly how I felt.

I had been making nutritional adjustments, and dietary adjustments, and decided to follow through with advice from some people who post to an online community about integrating herbs.

I intuitively felt that following Buhner's notion would be the route to start, but didn't research his process fully, just added the herb that kills the spirochete. Cats Claw. Within 12 Hours I had a reaction. My existing symptoms worsened, and new symptoms appeared. My knees became really hot and itchy!

I thought, no...this can't be happening. In my journal, I recorded what was happening, not sure how many days the knees were hot and itchy before it turned into just achy knees.